## Claims:

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1. A concrete forming panel for use in construction of a self-sustaining concrete structure from a concrete mix containing flowable constituents which are capable of migrating from a concrete pour during curing of the mix, said forming panel comprising:

a load-bearing face plate having a front face adapted to receive at least a part of the concrete pour thereagainst during curing of the mix;

structure projecting rearwardly from said face plate; and

a flexible barrier element mounted on said structure in spaced relationship to said front face for impeding migration of the constituents out of the pour past the barrier element until the concrete mix has cured.

2. A forming panel as claimed in claim 1,

said face plate having an outer edge margin,

said structure being located adjacent said outer edge margin and including part of a frame upon which said face plate is mounted.

3. A forming panel as claimed in claim 2,

said face plate having an opening disposed inwardly from said outer edge margin, said structure further including a support that positions said barrier element adjacent said opening.

4. A forming panel as claimed in claim 3,

further comprising a door swingably mounted on said support for movement between open and closed positions relative to said opening,

said barrier element being disposed to cooperate with said door in sealing said opening when the door is in said closed position yet permit the presence of a tie bar in said opening.

5. A forming panel as claimed in claim 1,

said face plate having an opening disposed inwardly from an outer edge margin of the face plate,

said structure including a support that positions said barrier element adjacent said opening.

6. A forming panel as claimed in claim 5, further comprising a door swingably mounted on said support for movement between open and closed positions relative to said opening, said barrier element being disposed to cooperate with said door in sealing said opening when the door is in said closed position yet permit the presence of a tie bar in said opening.

- 7. A forming panel as claimed in claim 1, said barrier element comprising a brush strip having bristles.
- 8. A forming panel as claimed in claim 7, said strip projecting generally toward said front face at an acute angle relative thereto.
  - 9. A forming panel as claimed in claim 7, said structure having an elongated retaining slot within which the brush strip is received.
  - 10. A forming panel as claimed in claim 1, said barrier element projecting generally toward said front face at an acute angle relative thereto.
- 20 11. A forming panel as claimed in claim 1, said structure having an elongated retaining slot within which the barrier element is received.
  - 12. A forming panel as claimed in claim 11, said slot being disposed at an acute angle relative to said front face such that the barrier element projects generally toward the front face at an acute angle relative thereto.
  - 13. A forming panel as claimed in claim 12, said barrier element comprising a brush strip having bristles.

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